



thecollegian

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www.kstatecollegian.com

College of Ag's 2025 plan plants seeds for top 5 program



KANDACE GRIFFIN | THE COLLEGIAN

The ASI 695 Equine Exercise Physiology class worked horses in Weber Arena on Monday to research how a fit horse responds to exercise compared to a not fit horse.

BY MARIA PENROD
THE COLLEGIAN

John Floros, dean of the College of Agriculture, said the college's 2025 plan includes a new building, new ideas and moving the college to a nationally-ranked top five program.

"There isn't an official ranking, but there are ways we can estimate (our ranking)," Floros said. "I would say right now, we are probably ranked 15-10, thereabouts. We're better than that when it comes to teaching and education – we are probably already top five (there) – but we're not there when it comes to research and extension."

For the College of Ag, we want to be top five by 2025 (and) one of the world's top destinations for research and extension."

The college's 2025 plan does not just focus on the agriculture program. It also involves the College of Ag's Research and Extension program. With offices and employees all over the state, research and extension focuses on moving agriculture forward through education and reaches the colleges of Arts and Sciences, Human Ecology, Engineering and Veterinary Medicine too.

"The way we are a little more complicated than what you'll see with other colleges is that as part of (K-State Research and Extension), we have a huge network of

research and extension officers across the state," Floros said. "We have people in every county, and as part of the strategic plan, they have people that need to be brought in as well."

Floros said the College of Agriculture's 2025 plan is divided into four components: education, addressing food system challenges, extension and infrastructure.

The goal of the education component is not limited to students.

"There's a lot of educating we do that isn't in the classroom," Floros said. "So our goal in that respect is really to provide the information (and) the knowledge to our students and to our stakeholders out there, and to do that in a way

(that) prepares the next generation of agricultural scientists and research and extension specialists."

The extension aspect of the College of Agriculture's 2025 plan is about sharing new research and information with the people who can use it.

"We need to take all the knowledge that research creates to the people that can use it; to the farmers and to the ranchers," Floros said. "They can utilize it for their benefit and for society's benefit. It goes straight to the citizens. A lot of the things that we do don't just go to the farmers and ranchers, but to the people."

CONTINUED ON PAGE 7,
"2025"

Compiled by Shelton Burch

Marianna Kistler Beach dies at home

Marianna Kistler Beach, namesake of the K-State's Marianna Kistler Beach Museum of Art, died in her Lawrence home at 94 years old Saturday, according to her obituary in the Hays Post.

Beach graduated from K-State in 1941. Her husband, Ross Beach, named the university's museum after her in celebration of their 50th wedding anniversary.

A celebration of her life is scheduled for Sunday, Nov. 16 at the Beach Museum.

Work on iSIS to cause 6-hour outage

ISIS will be down for approximately six hours for scheduled maintenance on Saturday, according to K-State Today.

The outage will run from 6 a.m. to noon. After the outage, the system will again be available.

Masked men interrupt Kansas classes

Multiple class at the University of Kansas were interrupted by men in Guy Fawkes masks on Wednesday, according to a Kansas City Star article.

Two men were taken into custody by Kansas Public Safety officials, and the incidents remain under investigation. No injuries were reported, according to the article.

Marriage in college is manageable, possibly beneficial

BY TANEYSHA HOWARD
THE COLLEGIAN

Being a college student is challenging. You have to deal with a plethora of issues on a daily basis and have to manage your time between dealing with course work, financial issues and internship or job hunting, in addition to maintaining relationships with family and friends.

Now, imagine worrying about all of these issues plus your spouse.

Being married in college as an undergraduate is not common at all. You could even say that it is counter-cultural, because couples in college are often encouraged by family and friends to wait until after college to get married.

An August 2011 CNN

article cited research which found that the average national age of marriage is 28 years old and people who marry at age 21 or younger are more susceptible to divorce. According to the U.S. Census, only 7 percent of all college undergraduates are married.

Some students who married while in college said they are aware of the challenges that they will face, but feel that the good outweighs the bad.

"I love it," said Laniqe Brown, senior in finance and newlywed as of September. "It's new and challenging. I have to now learn how to balance my class load as well as leadership in extracurricular activities and wife life."

In these scenarios, it is common for one partner to be in college while the other

is not. Brown finds it helpful that her husband is not a student too.

"It's great in the sense that he is my biggest supporter and with him not being a student, he picks up the slack at home that I can't with my many roles," Brown said.

Being married in college has been proven to be beneficial to some couples' lifestyle. For Kedric Elmore, senior in aeronautical technology, it's good to have his wife's support as he is an only child away from home. According to Elmore, sharing responsibilities with his wife made living cheaper for the couple too.

For married couples that depend on the Free Application for Federal Student Aid, being married could possibly grant you

the access to more financial aid. This is because these students will be considered an independent couple, who are eligible for more financial aid than dependent couples. Independent couples report their spouse's income, but not their parent's income. They are therefore eligible for increased aid through grants and subsidized loans.

Also, if you are an out-of-state student but your spouse is from the state that you are attending school at, you can be granted in-state tuition. However, you should not get married just for the sole purpose of being granted in state tuition.

Bradford Wilcox, director of the National Marriage Project, said in the same CNN article that research also supports the position that the best age to wed is in

the mid- to upper-20s.

However, some argue that since they know that they are going to get married, why wait so long?

According to the "State of Our Unions" report, educated couples have better chances for a happy marriage. Americans with at least a bachelor's degree are more likely than those with only a high school diploma to have a stable, high-quality marriage.

Charity Parker, a 2013 alumna, said she would have gotten married sooner if it wasn't against the rules of the Air Force Academy, which stipulates that cadets are not allowed to get married until they graduate.

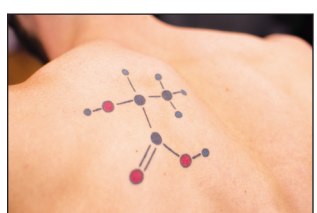
"My husband and I plan to attend graduate school and we don't believe that marriage will complicate things," Parker said.

Attorney general to appeal same-sex marriage ruling

Kansas Attorney General Derek Schmidt announced Wednesday he would appeal a ruling by the 10th U.S. Circuit Court of Appeals that prohibits Kansas officials from enforcing the state's ban of same-sex marriage.

In a Wednesday press release, Schmidt said Kansas will ask for consideration of the case by the full 10th circuit court. The previous ruling in the case of Marie v. Moser was seen only by a three judge panel of the court, according to the release.

INSIDE



4 Students, tattoo artists share insights on getting inked up



6 South Africa native serves as key element for K-State volleyball

Fact of the Day

The game "Bingo" was originally called "Beano" because beans were used to cover the squares of the game board.

mentalfloss.com

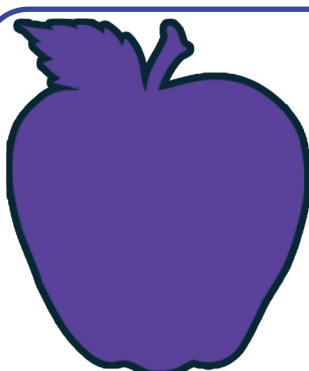
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1 Body powder
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9 Lousy
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13 Met melody
14 Exist
15 English lawyer
17 Aries
18 Goes 90
19 "Ninotchka" actress
21 Therefore
22 Home
24 Baby items
27 Japanese sash
28 Poker variety
31 Man-mouse link
32 40-Across follower
33 Attempt
34 Distort
36 "Help!"
37 Take out of context?

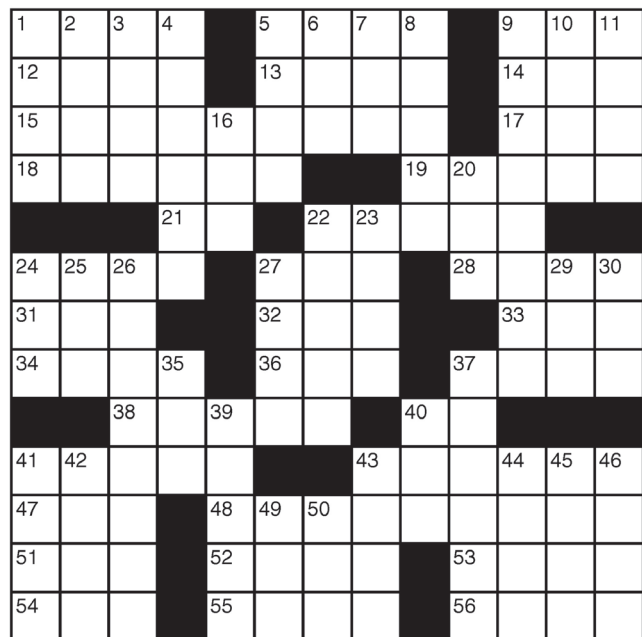
DOWN

38 Barber-shop need
40 See 32-Across
41 Stupefy
43 Elapse
47 Fond du —, Wis.
48 John, Ethel or Lionel
51 Former acorn
52 Mature gulf
54 Type measures
55 Host
56 Deviates off course
1 Surveil-lance
10 Bedouin
11 Show-room sample
16 Bache-lor's last words
19 Billboards
20 Spinning stat

Solution time: 25 mins.

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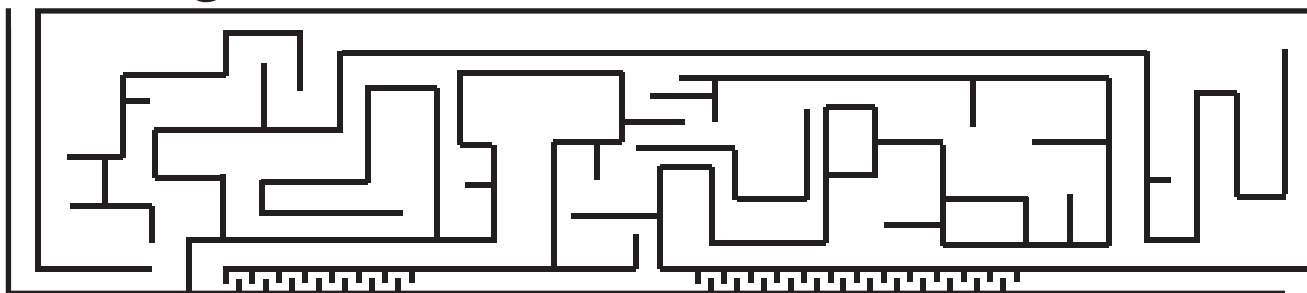
Yesterday's answer 11-6



11-6 CRYPTOQUIP

LAGBK MNHEFC PDFO H
MFOOBNGFG LHO BG HVZAU
UZ LHQQE H QBKD PZLHO:
"DFQF KZLFG UDF VQFHC."
Yesterday's Cryptoquip: WHENEVER THE PONTIFF VISITS MY CITY, I ALWAYS COMPLIMENT HIM A LOT. I'M A REAL PAPAL PLEASER.
Today's Cryptoquip Clue: G equals S

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Zits | By Jerry Scott and Jim Borgman



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Legs before wickets.

"Having trouble with your wig, Hastings?"

Is anyone else tempted to bite their parents?

I just want to lie on the beach and eat hot dogs. That's all I've ever wanted.

I recently had a dream with a stranger that I see on campus in it ...

The Royals owning the playoffs is what happened to October! Didn't you watch?!

Mo' shavin', mo' problems.

To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

THE BLOTTER

ARREST REPORTS

Wednesday, Nov. 5

Tyrell Rashun Scott, of 1400 block of Flint Hills Place was booked for violating probation. No bond was set.

Dustin Michael Cyr, of the 2200 block of Claf-lin Road, was booked for driving under the influence, reckless driving and obstructing legal process. Bond was set at \$5,000.

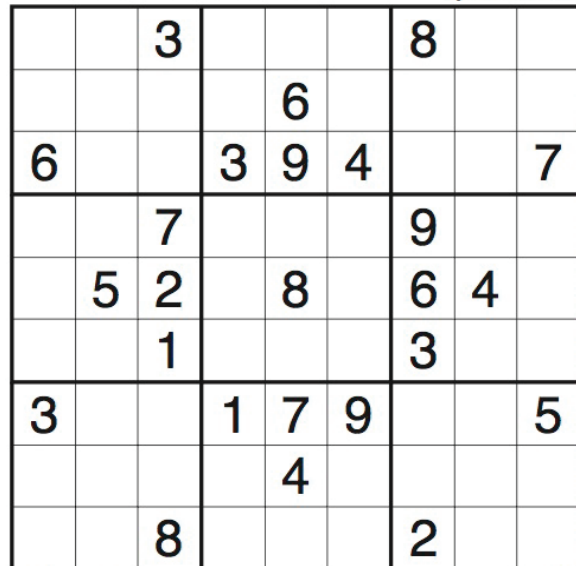
Megan Ann Heinsohn, of Manhattan, was booked for violating probation. No bond was set.

David Christopher Gareis, of the 1700 block of Humboldt Street, was booked for violating probation. Bond was set at \$2,500.

Heather Rhea Taylor, of the 1200 block of Village Circle, was booked for driving under the Influence. Bond was set at \$750.

Conceptis Sudoku

By Dave Green



Difficulty Level ★★★

11/06

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5 tips for healthier hair this winter

By JENNY JIROVEC
 THE COLLEGIAN

With the start of November comes the reminder that winter is just around the corner. Along with the cold, this season often ushers in lackluster locks and untamed hairdos.

If you want to keep your hair healthy and gorgeous for the rest of 2014, keep the following tips in mind.

Shampoo less

Shampooing every day can strip away nutrients and oils that help keep your hair looking its best, according to a 2013 Huffington Post article.

"Skip a shampoo or two and just apply conditioner to the ends," Kayla Leach, senior in life sciences, said. "(Shampooing) every day can be extremely drying to your hair."

To get rid of excess oil in your hair without actually washing it, try dry shampoo. This alternative – which can be found in either an aerosol spray or loose powder – will give your hair a clean, non-greasy look.

According to online fashion magazine College Fashion, dry shampoos make hair less prone to damage and breakage, too.

Use leave-in conditioner

Leave-in conditioner, another hair-strengthening product, offers extreme hydration and helps restore hair's natural texture.

"If it's a light leave-in conditioner, anyone can use it every day," Belinda Snyder, owner of Shear Dynamics Salon and Spa in Manhattan, said. "Use this especially if you apply direct heat to your hair often, because you are damaging the hair cuticle and removing nutrients and moisture from the hair."

Using a leave-in conditioner can make a noticeable difference in the quality of your hair. If you're on a tight budget, there are many inexpensive home remedies.

According to Livestrong.com, a website dedicated to healthy living, coconut oil is one of the best nourishing natural oils that can be used as a leave-in hair



CAITLYN MASSY | THE COLLEGIAN

Paige Clouston, student of Bellus Academy, practices drying the hair of fellow student **Sharie Critchlow** at Bellus Academy – located at 1130 Westloop Place – last Friday.

conditioner. Just pour a dime-size amount in your palms and rub them together. Next, apply from the roots down to wet hair. Finally, style as desired and enjoy your revitalized hair.

Humidify

Cold temperatures and lower humidity, teamed up with the warm and dry climate of most people's heated homes during the winter, results in drier and less manageable hair.

"Try running a dryer sheet over your hair and it will help minimize static-y hair or apply a nourishing hair oil to your ends," Leach said.

Turning on a humidifier during the colder months will also help your hair and skin retain moisture for your hair.

What you eat, drink matters

According to the medical

website WebMD, the best things to eat for beautiful hair are foods high in protein – such as salmon, beans, spinach and nuts. Daily water consumption is also vital.

"Water intake has every bit to do with the quality of hair and nails you grow," Stacey Lambert, cosmetology educator at Bellus Academy, said. "Most people are in a habitual state of dehydration and because of that, it shows up as brittle hair."

Hair experts agree that a

diet with the right mix of protein, iron, water and other nutrients can help improve the health, look and feel of your hair.

Get a trim

According to HowStuffWorks, hair grows on average about an inch per month. To avoid parched ends and add more bounce to your locks, regular trims are important.

"Since I straighten and blow-dry my hair often, I try

to get my hair trimmed once a month," Sarah Ellis, senior in family studies and human services, said.

Cutting off dead or split ends once every eight to 10 weeks will help your hair look and feel healthy, according to beingagirl.com.

So as winter quickly approaches, use these tips to avoid that dreaded winter frizz and keep the healthy hair you've been working so hard to obtain.

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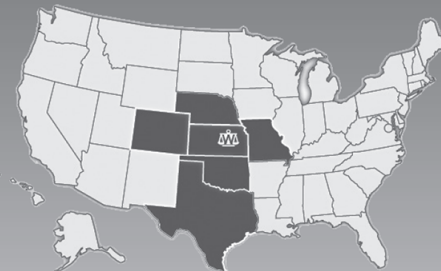
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Tattoos are for life, deserve some forethought

By KELLY IVERSON
THE COLLEGIAN

Tattoo nightmares: they are so prevalent there's even a television show devoted to covering up the unwanted ink. Some horror stories include, but are not limited to, getting a significant other's name somewhere on your body (someplace hidden, God-willing) when they suddenly become an ex and bad artists renderings that don't remotely resemble whatever you wanted.

Though tattoos are meant to be permanent, students' likes and dislikes change drastically almost on a day-to-day basis. What someone thinks is "cool" today, goes out of style tomorrow. This is fine when it comes to things like clothes – there's usually a younger sibling or thrift store willing to take the hand-me-downs. People who are inked may not be so lucky.

Before getting something inked onto your body forever and always, tattoo professionals have a few things you might want to consider first.

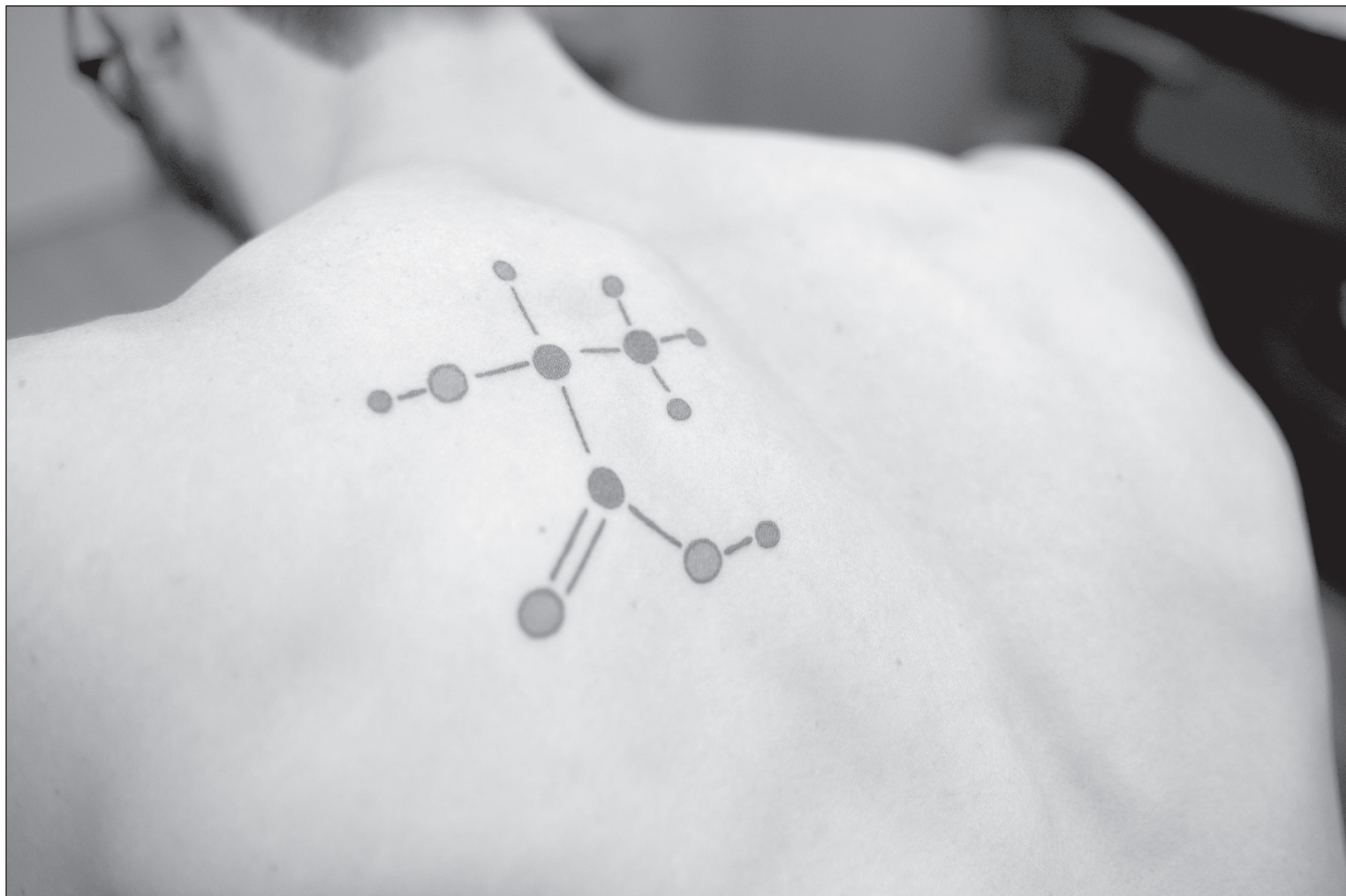
Why people get tattoos

Matt Goss, owner of Syndicate Tattoo located on Poyntz Avenue, said he does a lot of memorial tattoos.

"Unfortunately, being so close to the military base, there are a lot of fallen soldiers so we have actually tattooed some (images) of those soldiers," Goss said.

For Miranda Boatwright, sophomore in accounting and finance, each of her tattoos means something. All, except two, are based off something family related that has happened in her life – like a butterfly on her left rib for her cousin who committed suicide and a heart expressing her love for her brother.

Although people get tattoos for many reasons, Cody Bader, tattoo artist at Stray Cat Tattoo in Aggieville, said he most commonly sees memorials for loved ones, self-expression, phrases or symbols and last but not least, "cool stuff with no reason at all other than a simple appreciation for art."



HANNAH HUNSINGER | THE COLLEGIAN

The lactic acid molecule, which is produced during exercise, was tattooed upon the shoulder of a kinesiology major at Syndicate Tattoo – located at 423 Poyntz Ave. When considering getting a tattoo, one important thing to keep in mind is to make sure you have good communication with the tattoo artist.

Preparing for a tattoo

Goss said people need to figure out what they want before getting any kind of tattoo.

"I always tell people if they think they want something but they're unsure, to wait six months," Goss said. "If they still want to get it (then do it); if not, repeat cycle. You either will or will not eventually get tattooed."

According to Goss, tattoo parlors generally become popular through word of mouth, so it is important to ask friends and read online reviews about the establishment.

"If people have good experiences, they're going to be willing to share those with you, as well as negative experiences," Goss said.

Goss also suggested shopping around and looking at the work of different artists when determining where to get a tattoo done. Generally, the artists will have their portfolio available either online or in-store.

Bader said potential clients should sit on the idea of the tattoo they are wanting for a few months, in order to "consider the permanence of a tattoo."

Boatwright, on the other hand, said she usually doesn't prepare in any way before getting a tattoo, because she psyches herself out.

"When I get an idea in my head of something that I want, I make an appointment and go and get it," Boatwright said.

Common mistakes

Goss said one of the biggest mistakes someone wanting a tattoo can make is to not get it done by a professional.

"If someone is doing it part-time out of their house, there's no way they can be proficient with the skills that it takes to do a tattoo," Goss said.

According to Goss, it's important that customers know exactly what they want, something that doesn't happen when they rush into getting tattoos.

"Every day I hear peo-

ple say, 'Well, the artist did it this way,'" Goss said. "I think that communication is key between you and the artist to make sure that they're understanding your ideas."

He avoids this by making the tattoo sketch as detailed as possible, including shading and filling in the design with colored pencils. For Goss, it's important to always be on the same page with his customer.

"So at the end, the tattoo is something that both of us love when you leave the shop," Goss said.

To Boatwright, the most common mistake people make when getting tattoos is to worry about what others might think.

"It's my body and there are people that think it's not normal for me as a 19-year-old girl to have these tattoos, but it's an expression of myself," Boatwright said.

Boatwright said she does not regret a single tattoo that she has. All of her tattoos have a story behind them, and they made her

what she is today.

"Sometimes I wonder if it will affect me getting a job out of college with the one on my wrist and inner elbow, but they are things that are huge parts of my life and I wouldn't have it any other way," she said.

How to get rid of unwanted tattoos

The most common side effect of any type of tattoo removal is scarring. However, there are methods that minimize this.

According to a CNN article, a widely-used tattoo remove technique is using quality-switched or Q-switched lasers. The treatment involves a beam of light that searches for contrast between skin tone and ink and breaks the ink down into particles small enough for the body to absorb.

Patients must endure five to 12 sessions and the lasers work best on tattoos that are smaller, older and contrast with the patient's skin tone. Besides taking up to a year to complete the process, it is also expensive

– each session costing approximately \$350.

"Laser removal is always an option, but it's also a very difficult process," Goss said.

Bader warned that laser removal can be very painful.

A second option is to completely cover-up the original tattoo with another one, a idea Goss discusses with 10-15 people a week. However, he said people don't realize in order to perform a cover up well, the new tattoo has to be at least two to three times bigger in size than the tattoo being covered up.

College can be one of the most trying and rewarding times in a person's life, and many students may want to memorialize their good times.

If you're one of these students and choose to do so with a tattoo, do some research. Whether it be spur of the moment or thought out for months, be 100 percent sure it is what you want before it's too late.

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Housemothers provide greek students with home away from home



CASSANDRA NGUYEN | THE COLLEGIAN

Beta Theta Pi member **Blake Meldrum**, freshman in agribusiness, hugs his fraternity's house director or "housemother" **Bobbie Lonker** before heading off to his morning class on Tuesday.

By COURTNEY BURKE
THE COLLEGIAN

Nearly every fraternity and sorority chapter at Kansas State University has hired a house director. These "house moms" as some chapters call them, play many

crucial roles in supporting the young men and women involved in greek life. They help manage the chapter and care for the house, but most importantly they serve as a mentor to their chapter members.

Ultimately, housemothers fill the role of mom away from home, and help turn a chapter house into a home.

Many house moms found the job by word of mouth. Some were looking to fill a void, others just loved being involved with young people. Barbara Podschun, Sigma Alpha Epsilon housemother, found the job when she was looking for something to do after she retired. House moms become part of the chapter

they work for, and Podschun said the men and women treat them like family.

"I have had some health issues the past couple years and it has been wonderful how the guys have helped me to me feel at home here," Podschun said. "We all try to make it be a good place to live."

Bobbie Lonker, Beta Theta Pi fraternity housemother, has been at the Beta house for 26 years. Lonker became a housemother after her husband passed away and her youngest son went off to college. Her husband and all of her sons were Beta fraternity members, and the job helped keep her busy while she grieved.

"What an outstanding group of young men I found; I fell for them as soon as I met them all, they treat me like a queen," Lonker said. "I decided I'd treat each boy like my very own son, whether that was sewing on buttons or taking them to the doctor, or anything else they would need from a mom. On move-in day I meet them at the door and greet them or help them carry things in, just like a mom would."

Housemothers provide the role of counselor and support the young members through good times and bad. Some help teach chapter etiquette and improve social graces

as well. LaDell Stonecipher, Sigma Kappa sorority house mother, has served at multiple chapter houses during the last 23 years.

"Some people say it's like managing a small hotel," Stonecipher said. "We help provide food, comfortable lodging, keep the staff going and keep everybody happy. We get more involved than a hotel obviously, because we're there over time, but it's similar."

Housemothers also serve as the biggest cheerleader for their chapter during homecoming week or at intramural games. They support their young people however they can, including things they aren't required to do.

"Our house mom Janice Chrest, or as we call her – 'Mama J,' is amazing; she does so much for our house and she is always a joy to be around," Abby Atchison, senior in accounting and member of Kappa Alpha Theta sorority, said. "Mama J helps keep the house running smoothly and for the past few weeks she has been our chef. She was super sweet and said she would cook our meals while we were looking for a new chef. It was never her job, she was just nice enough to step up and help us."

These "moms" do their best to help run the chapter houses and help its members,

while treading the fine line between helping the students and leading them. Their job is to guide, not lead, Stonecipher said. Members run their houses, and housemothers are there to assist.

"The relationships with the girls is my favorite part," Stonecipher said. "It's a process and it's enjoyable to watch that process unfold. What students are going through is very complex, and there's a lot of choices. Trying to find a direction can be a difficult thing to figure out. There's more and more pressure. I'm here if anyone gets stuck or in trouble and really needs help. I'm here not to intrude, but to support."

Housemothers become like real mothers to the men and women that walk in and out of the chapter doors, but eventually they have to say goodbye as members graduate and move on.

"One of the hardest things is when you've had these boys for four years, and you see them turn into men applying for outstanding jobs, and you have to say goodbye to them," Lonker said. "But some of them bring back their families and their little babies back to see me, and I feel truly blessed that God put me here with these young people and that I'm able to be called their mom."



CASSANDRA NGUYEN | THE COLLEGIAN

Housemothers play a critical role to fraternity and sorority members by helping to guide, care and love each student as if they were their own. **Bobbie Lonker**, house director for K-State's chapter of Beta Theta Pi fraternity, has been housemother for 26 years.

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Volleyball drops first conference road game

By TIMOTHY EVERSON
THE COLLEGIAN

No. 22 K-State hoped to end seven-year drought of losing at Iowa State, but it wasn't meant to be in 2014-15. The Cyclones prevailed in a three-set sweep, 25-23, 25-23 and 25-22.

The road doesn't get any easier for head coach Suzie Fritz's bunch with only today off before they have to face No. 5 Texas tomorrow night.

The Wildcats (20-4, 7-3) battled adversity from the beginning of the first set as they faced as much as a four-point deficit, but were able to tie the score at 20 and eventually take a 23-22 lead off of a kill from sophomore outside hitter Brooke Sassin. However, Iowa State (12-9, 4-6) responded with three-straight points and an opening victory.

In a repeat performance of the first set, K-State dug itself into an early hole by quickly starting at a 9-3 deficit.

K-State would answer on a 15-6 run to take the lead, but Iowa State tied it multiple times with the last coming at 23-23.

Just like the first set, Iowa State ended on a scoring run to take the set and give it a 2-0 edge over the nationally-ranked Wildcats.

Iowa State made set three its own as K-State trailed through the entirety of play. They were down by as much as seven, but were able to cut the lead to as little as one. The Cyclones, however, would not be denied on road to a sweep and a 25-22 set win.

Zumach led the Wildcats with 13 kills, but no other Wildcat recorded double-digits kills on the night.

Sophomore libero Kersten Kober had 18 digs on the night to lead all players in the match.

The biggest deficit for K-State was in serving where it had zero services aces and six service errors. Iowa State had six aces and only three service errors.



RODNEY DIMICK | THE COLLEGIAN
Sophomore outside hitter **Brooke Sassin** hits the ball over the net on Sept. 8 at Ahearn Field House.

Jones provides volleyball team with balance in senior season

By TIMOTHY EVERSON
THE COLLEGIAN

In a season abundant with stars on the K-State volleyball team, it's astounding that another would emerge.

In the case of senior middle blocker Natali Jones, that is exactly what has happened.

Jones was born in Cloccolan, South Africa and eventually made the move with her family from the land of Nelson Mandela and Invictus to the small, south-central community that sits about an hour and a half west of Wichita.

"My dad had worked in Pratt (Kansas) before we moved over here," Jones said. "My parents just thought it would be a better opportunity for us as kids if we all moved, and that's where we ended up."

After living in the U.S. for a couple of years and seeing extended family make the trek from Pratt to Manhattan, being a Wildcat became a family affair.

"I've always been a fan (of K-State)," Jones said. "I love the environment. My two older brothers both graduated from here and at the time that was a big part of my decision, just kind of having that family atmosphere."

Jones attended Skyline High School, where she fell under the tutelage of head coach Summer Younie.

Younie saw Jones run into her limitations early in her career, but also saw her refuse to let that stop her.

"She struggled with serving and she struggled in passing but man, she had a determination like I hadn't seen," Younie said. "No one could block her ever, she really developed into an amazing high school volleyball player."

Jones led her team to the state tournament during her junior and senior year and was named first-team All-League twice.

From Skyline, she made the short trip to Pratt Community College and left a strong impression on coach Patrick Hall.

"I almost never say this to a kid at a JUCO, (but) we told her 'Listen, I think you have enough ability where we can help you find a Division I school in January after your freshman season,'" Hall said.

It's exactly what happened for the talented middle blocker.

In her only junior college season, Jones helped lead her team to a Jayhawk West Conference championship. She earned a first-team all-conference honor and was named freshman of the year while leading her team in blocks, kills and service aces.

After the season ended she began to shop around and several high-RPI schools offered full scholarships. However, all she really wanted to do was to wear purple.

Hall got in contact with K-State head coach Suzie Fritz and after a vetting process, she made the team as a redshirt.

Jones sat out that next season and rejoined the team as a redshirt sophomore. That year's playing time was sparse as she only played in three sets all season.

She slowly got into the mix as a junior, ending the season with 37 kills and 32 blocks in 34 sets.

In 2014, however, Jones has turned it on as she leads the Big 12 in total



RODNEY DIMICK | THE COLLEGIAN
Senior middle blocker **Natali Jones** gets ready to spike the ball over the net on Oct. 22 at Ahearn Field House. K-State beat Oklahoma 3-0.

blocks and blocks per set.

"I've always been more of a defense player and for me it was working more on my offense," Jones said. "We really sped up our quicks this spring and I like the faster tempo, so that got me going."

Her coaches have noticed her improvement throughout her career.

"I saw a really big jump from an offensive perspective in the spring of last year. She started to do some special things as an attacker," Fritz said. "She's just developed in so many ways, but I

think the big jump I saw was when she started to combine what she was doing as a defensive player, as a blocker, and now as an offensive player. Both those are near the same level. She's more than one-dimensional."

It's that multi-dimensional gameplay that has led her to a recent experience that Jones said might be one of her best volleyball memories.

CONTINUED ON PAGE 7, "JONES"

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2025 | College's biggest challenge is expanding, improving current space

CONTINUED FROM PAGE 1

The goal of the infrastructure component is focused on improving human capacity, as well as the quality and quantity of the college's space. Floros said this is the biggest challenge of the College of Agriculture's 2025 plan.

"We have high quality faculty, great quality with our staff (and) we are getting great quality students," Floros said. "We can attract some of the best minds out there for our graduate students and our research, but we have a huge limitation when it comes to space. I have faculty telling me, 'We aren't going to compete for another grant, we aren't going to bring in another grad student because we don't have space.' I don't know where to put my students anymore."

Floros said there are plans for a large new building, and he hopes that becomes a reality by 2025.

Jenna Phelps, sophomore in animal sciences and indus-

try, said she is excited about the international aspect of the plan.

"It will be able to give students and faculty an opportunity to look at international agriculture with a better understanding," Phelps said. "Students could work with international students and differentiate between the worlds they come from, whether it's through agriculture, water quantity and quality or promoting better food products."

Emma Kate Hayes, senior in bakery science and management, said she thinks the plan is a good one.

"I believe it is one that will be a challenge to completely execute, but it is something good to strive for," Hayes said.

Floros said he wants students to understand that agriculture is always changing, and the College of Agriculture must change with it.

"I would like students to understand that agriculture is not just cows and plows," Floros said. "I would like them to understand that agriculture

today requires huge amounts of science, technology (and) sophisticated types of information that many students will find increasing (in variety). You go to engineering, you become an engineer; you go science you become a scientist; you go to liberal arts and you become a psychologist or whatever. In agriculture, we have a huge diversity of majors. Majors that if you took the rest of the university away, we'll still be a complete university."

Floros said he is excited about how the 2025 plan is moving forward in all directions. It's one of the reasons he came to K-State in 2012.

"The university's goal of becoming a top 50 university is the most important to me," Floros said. "That vision of moving to a better and better place ... doesn't mean that we're going to make a big jump. We have to make small, incremental improvement every day, every week, every month. That's what getting better is all about."

JONES | Senior earns award only three other K-State players share

CONTINUED FROM PAGE 6

Jones was named Big 12 co-offensive player of the week on Oct. 27, which came after hitting over .600 from the floor the previous week.

On Tuesday, she received a honor that only four players in program history have received as the AVCA National Player of the Week.

"I was kind of baffled," Jones said after she found out. "Suzie was the one that told me and I was like 'Are you sure? Are you sure that's

me?' It's a great honor."

That excitement trickled back home as her former head coach echoed the joy of the moment.

"I was so excited for her," Younie said. "I had to Facebook her right away and tell her congratulations. My current high school team was also very excited because I got the text right before practice. So they were all super pumped."

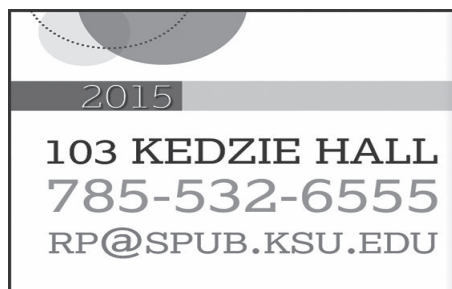
Even with her honors and accolades, Jones knows that the season isn't over yet and she still has expectations for her and for the

team.

"I just want to keep winning and keep improving," Jones said. "Obviously get a Big 12 title and get a win in the tournament."

Watching from afar, Hall said watching Jones compete at this level in Division I competition is exciting.

"The fact that she's gone on and absolutely maxed out on her potential," Hall said. "That's what you hope every kid can do no matter where they go play, whether it's K-State or an NAIA school."



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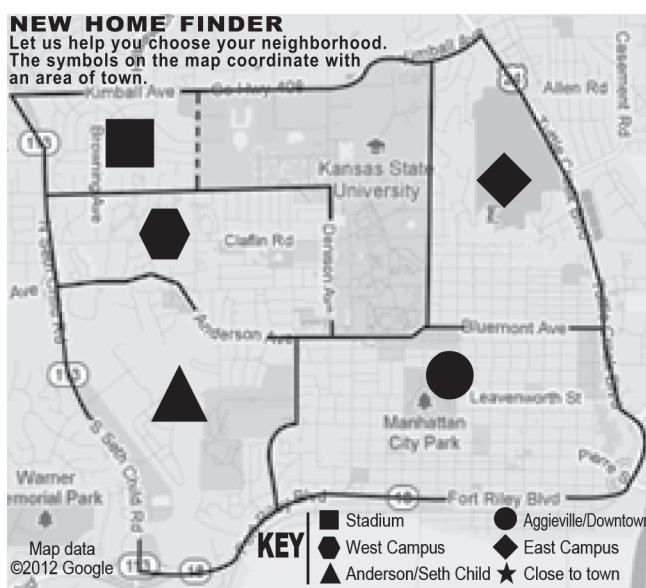
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5				4		1	
3	9			7			6
9	1		2	3			
			4	9	3		
			6	8		4	5
2	3			5			9
	6	1				7	
		8	9			1	

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1	9	4	5	6	8	2	3
8	7	6	2	9	3	5	1
5	3	2	7	4	1	9	8
3	5	9	6	7	2	8	4
2	8	1	3	5	4	6	7
6	4	7	8	1	9	3	2
9	1	8	4	3	6	7	5
4	2	5	9	8	7	1	6
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Apps to help students keep summer physique under winter sweaters, sweats



KELLY IVERSON
THE COLLEGIAN

With Halloween comes candy; with Thanksgiving comes turkey; and Christmas, well, that's a whole other story.

This time of year leads to a lot of overindulging, but students need not be worried. The digital age is upon us, and although working out itself will never be easy, accessing the right workouts and diet plans is as easy as pulling out your cellphone and checking out the app store.

Daily Workouts

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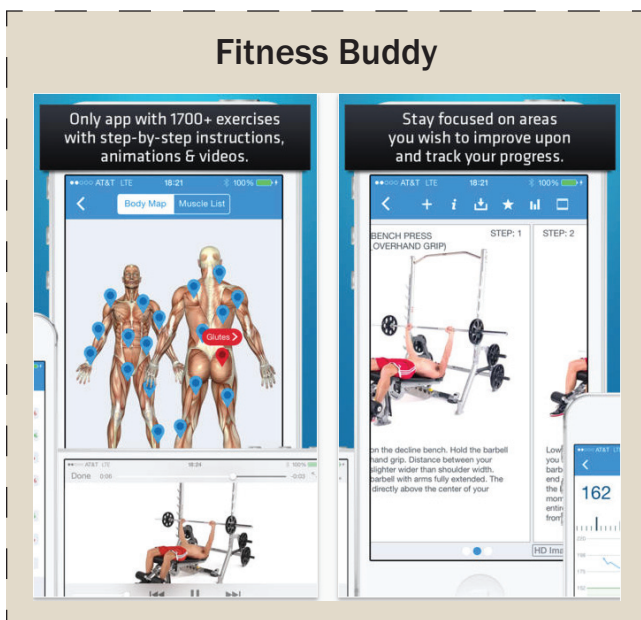
Have some time? Do the 10-minute workout. Have a break between classes? Do the five-minute workout. The best part is of Daily Workouts is that it's free.

Available on: Apple, Android, Windows and Amazon

Fitness Buddy

Everyone, at some point in their lives, has made a pact to go workout with a friend. More often than not, those plans fall through.

The solution? A fitness partner that fits right into your phone. While not all features of this app are free, the free exercise tabs have everything



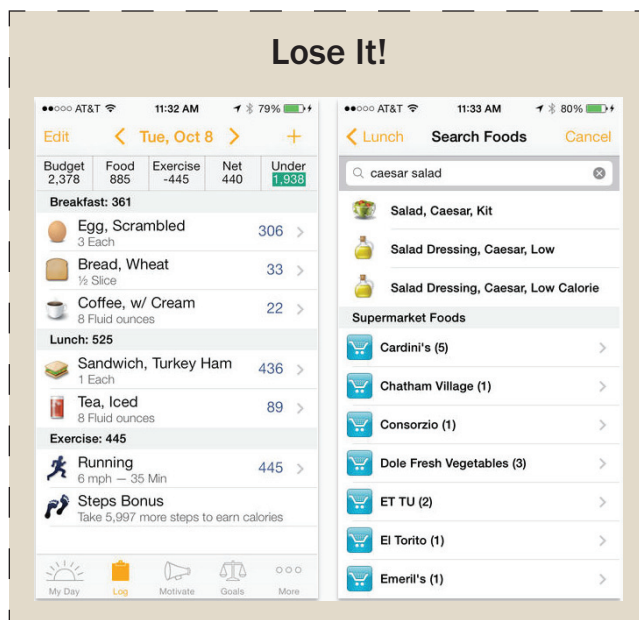
from core to cardio, with many different exercises to work through. A monthly price of \$4.99 gets you the app's premium version, which includes HD video, workout summaries, motivational audio and advice

on healthy living.

Available on: Android and Apple

Map My Run

During days with perfect weather, it's hard to be confined



to the gym. At times like that running outside is exactly what you need.

Map My Run is the perfect way to track your pace, distance and calories. It's a great app for those trying to lower their mile time or tracking a running route. You can add music that is already in your music library to play while you run, too. This way, runners never have to leave the app to change music while working out.

There are many other features this app provides for runners that are definitely worth checking out, including a built-in GPS and the ability to view your workout history.

Available for: Apple, Android and Blackberry

Lose It!

Making healthy choices has always been difficult. Grocery shopping doesn't make it any easier; with confusing labels and even more confusing marketing tricks, it's easy to make

consumers think the food they are buying is healthy (when in reality, it's not).

The app Lose It! makes this process simple and easy. It requests all your basic information, from your weight to your gender, before allowing you to search and record the foods you eat daily. It even recognizes Jimmy John's.

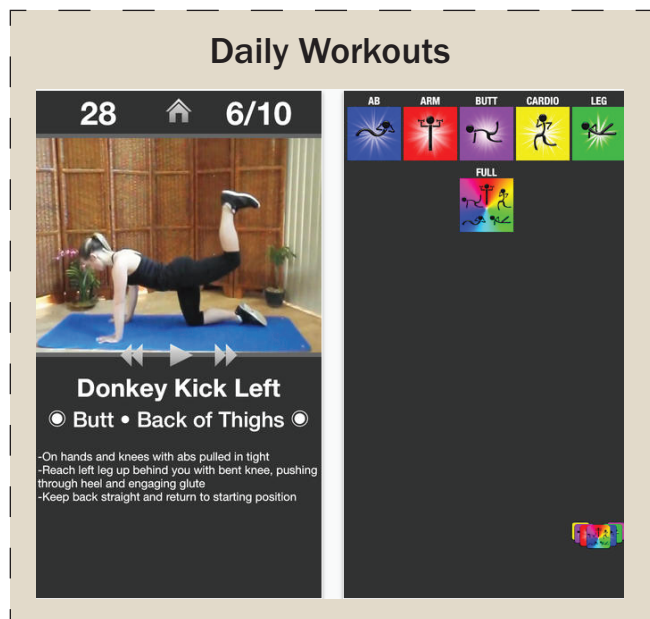
When you set a weight loss per week goal, Lose It! shows "today's nutrients," which indicates the amount of fats, carbs and other nutrients you've consumed that day.

I would seriously recommend Lose It! for anyone really wanting to manage their food intake and weight.

Available for: Android, iOS, Nook, Kindle and the Web

Kelly Iverson is a senior in mass communications. Please send comments to edge@kstatecollegian.com.

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Sugar-free holiday candy not so sweet for dogs, can prove deadly

By TANEYSHA HOWARD
THE COLLEGIAN

Many people consider their dogs to be a part of their family, and thus include them in holiday celebrations. Some people like to dress their furry pals in costumes, while others give their dogs some special treats.

However, dog owners should be very careful about what treats they feed their dog.

It's common knowledge that chocolate is bad for dogs.

According to the American Society for the Prevention of Cruelty to Animals, however, it is not the only hazardous foods for canines: avocados, bread dough, ethanol, grapes, raisins, hops, macadamia nuts, moldy foods, onions, garlic and xylitol are also on the no-feed list.

Xylitol is an artificial sweetener found in sugar-free candy and sugar-free gum, which is why paying close attention to dogs around the holiday season is so important.

According to a press release by the K-State News and Communication Services, the

Veterinary Health Center frequently sees cases of xylitol poisoning.

"It's more likely to happen than you think," Dr. Susan Nelson, clinical associate professor of clinical sciences and veterinarian at the center, said. "Dogs often go rummaging through things, such as your purse or pockets, and find products with xylitol and consume them."

Nelson said xylitol can enter the dogs' system very quickly and symptoms of toxicity can appear as fast as 30 minutes.

"Xylitol releases insulin

in dogs and causes low blood sugar," Nelson said. "It is very difficult to reverse and can cause liver failure, blood clots and seizure."

Nelson recommended that dog owners check the ingredient list before giving their dogs any treats or if their dog displays any symptoms of toxicity. The higher xylitol is listed on the ingredient list, the more there is in the product.

Xylitol, however, is found in several products besides sugar-free candy and sugar-free gum.

"Xylitol can be found in baked goods and some medi-

cations," Nelson said.

Some of those medications include pain medication and anti-anxiety medication. Xylitol can also be found in nicotine gums, breath mints, antacids, multivitamins, nasal sprays, sleep aids, toothpaste and mouthwash.

Because symptoms can occur rapidly, it is best to contact a vet immediately if your dog ingests something that contains the ingredient xylitol.

"It is best to avoid giving your dog any sweets especially anything with artificial sweeteners," Nelson said.

However, there are

healthy snacks you can give your dog. Ty Holborn, manager at Manhattan Petco, said jerky, salami, chicken and turkey are some good snacks for dogs.

"Sweet potatoes are good for dogs, especially dogs with food allergies," Holborn said.

Amber Cushenbery, certified veterinarian technician at Manhattan's Blue Hills Animal Hospital, said dogs can also eat vegetables and fruits.

"Apples and oats are popular and good for dogs," Cushenbery said. "Banana and peanut butter treats are also good for dogs."

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